



Condor Courier

Issue number 30

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Information for Service personnel and their families at RM Condor

Upcoming events



Tuesday 8th January 10.30am **Families Meeting** in the Families Centre. Everyone is encouraged to come along.



New weekly group Thursday 10th January 1pm
Condor Crafts in the Families Centre. See page 4 for details.



Saturday 12th January **StoryBook Waves Club**.
See page 6 for details. **Cancelled**



New weekly group. Monday 14th January 1-3pm
Knit and Natter in the Haven. See page 5 for details



22–24 January **Rhyme Week**—full details being finalised.
See page 3 for more info.



Friday 25 January 6-8pm **Family Ceilidh** at the Haven.
See page 3 for more info.



Saturday 2nd February afternoon **StoryBook Waves Club**. See page 6 for details



February **cinema trip**—still to be finalised look out on the RN Forum and the RNRMW Arbroath Facebook page for details.



Saturday February 16th 1-4pm **Bring and Buy sale** at the Families Centre see page 6 for details



Tuesday 5th March **Pancake Day** at the Families Centre details to follow.



Tuesday 12th March **Bingo** at the Haven see page 6 for details

Look out on The Royal Navy Forum and the RNRMW Arbroath Facebook for up to date information about events

Please note these events may not have been finalised and are subject to change. For more information contact Lorna Robertson Welfare Support Worker.

Details of regular groups on back page

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Keep up to date with events at RM Condor

Join the **RNRMW Arbroath** Facebook group and sign up to the Royal Navy Forum at www.royalnavy.mod.uk

You can now follow 45Cdo on Twitter **@45CdoGp**

To keep up to date with information from Aggies join the **St Christophers Church, RM Condor** group on Facebook



Commanding Officer 45 Commando Royal Marines

Lieutenant Colonel D G Forbes Royal Marines

To the families and friends of 45 Commando Group,

A very Happy New Year to everyone! I trust that everyone enjoyed a relaxing break and some quality family time.

RM Condor was a quiet place over the festive period, with the odd burst of activity as various groups of people transited through to deploy out to the States. So far, all has gone smoothly, with around 600 deployed already. The final 200 people will depart from Prestwick on Friday, ahead of what I hope will be a really exciting six weeks for everyone. The exercise offers some excellent opportunities and, through the hard work of the team, it is well resourced. Return flights should be between the 18th and 24th of February, although this will not be confirmed until next week, at which point we'll let you know. Should you need to get in touch with loved ones, they will have WiFi when on camp and the phone signal is good. If you're struggling, please go through Base Company Sergeant Major (01241 822232), who will be able to put you in touch with the team in America.

Whilst we're away, everything continues apace on camp. There is a large team left behind, including welfare and pastoral support, along with a plan to continue to deliver events and socials, both in the Families' Centre and in the Chaplaincy. First up, is the Pass Out of the first batch of the Volunteer Cadet Corps, on Saturday, which will start at 1400, with guest of honour Ant Middleton (of 'SAS: Who Dares Wins' fame). You are all most welcome - please just let Base Company know, if you plan to attend, so we can ensure smooth access. There is a family ceilidh, in the Haven on 25 Jan, and we are developing plans for a trip to Chalmers Cinema. Importantly, we have a new Welfare Officer, Chief Petty Officer Sean Morrow, who has moved on to the patch, taking over from Paul Hannigan.

Our next big exercise is SOUTHWEST SWORD, down in Plymouth, which will ensure we're qualified to operate from Navy shipping, ahead of our Baltics deployment in May. This will run from 4th - 15th March, but should only require about 3 days for each company. Other than those in Logistics Company, most should be able to travel down and back up in the same week.

Finally, the bulk of the unit will no longer participate in Exercise JOINT WARRIOR, which was going to conflict with the English and Angus school holidays. This has allowed us to move the unit's Easter leave, which will now take place from 5th to 21st April. There is still a requirement for a small HQ cell, but the other companies and enablers are stood down.

My mobile will remain on whilst we're in the US and you should feel free to contact me at any time if you need to. As ever, keep track of what we're doing on the Twitter (@45CdoGp).

Regards,

A handwritten signature in black ink, appearing to read 'Duncan' followed by a stylized flourish.

D G Forbes

Lt Col RM

CO 45 Cdo Gp

Deployment Support Publications

There are lots of deployment support publications available to help families and Service personnel during times of Deployment. Some are accessible online others can be collected or posted.



Coping with Separation is a booklet which explains emotions through the different stages of deployment. It can reassure you about feelings you have and what to expect through the course of a deployment. Available from Lorna Robertson, Welfare Support Worker or from the Families Centre

Knit the Family is a book helping families understand and cope with the impact and demands both pre, post and during deployment. Hardcopy available from Lorna Robertson, Welfare Support Worker or from the Families Centre or as a download from: <http://rnmchildrensfund.org.uk/knit-the-family>



Hello from Home is an activity book for children which provides them with activities to keep in contact with the serving person who is deployed. This is suitable for primary aged children. Available from Lorna Robertson, Welfare Support Worker or from the Families Centre.

When a Special Person goes away is a Children's activity book, suitable for primary aged children. Hardcopy available from Lorna Robertson, Welfare Support Worker or from the Families Centre. Download at www.royalnavy.mod.uk/welfare/deployment

Reading Force offers children a connection and communication method with their deployed service person, where they all read the same book and swap comments which are then recorded in the reading force scrapbook. There are two types of Scrapbooks available. A green one suitable for all ages and a yellow one more suited for Pre-school age children. These are available from Lorna Robertson, Welfare Support Worker or from the Families Centre or online www.readingforce.org.uk

My Daddy's Going Away is a picture book aimed at primary aged children as a tool to help explain separation. Also available is "Mummy's Home!" to help mothers explain their temporary absence to young children. This publication will need to be purchased direct from supplier. www.mydaddysgoingaway.com

Zoe and the Time Rabbit storybook follows Zoe and her emotions when her father has to go away and the help she gets from a magical time rabbit. The book is intended to help any family where a parental figure might be away for an extended period. Hardcopy on request email book@rnmchildrensfund.org.uk Or download at <http://rnmchildrensfund.org.uk>

Naval Families Federation have been given LIBOR funding in order to provide a free book to children around deployment. www.nff.org.uk Tel: 023 9265 4374

If you need welfare help or advice see page 7 for information and contact details.

Rhyme Week and Ceilidh



On 22nd, 23rd and 24th January there will be rhymes and themed crafts for young children at the coffee mornings in the Families Centre and the Haven.

There will be after school sessions for older children in the Families Centre.



Thursday will see us making decorations for our Burns night Family Ceilidh on Friday 25th January.

The Ceilidh will be in the Haven from 6-8pm.

Look out for full details on the RN Forum and the RNRMW Arbroath Facebook page



Condor Crafts



Condor Crafts is a new group for children along with their adult to explore all types of crafts and messy play.

Annemarie runs this weekly group in Condor Families Centre on a Thursday at 1pm. The cost is only £1 per child, this money is used as a contribution towards supplies.

Lots of fun is had each week. So far the group have made salt dough decorations and cards. There are lots of other crafts coming up to try

Bookbug Baby



Do you have a little one aged from birth up to around 18 months. Come along and join our Bookbug sessions on Tuesday afternoons in the Families Centre at 2pm. This group is free to attend.

Babies start to learn about the world around them as soon as they are born. You can encourage this learning using simple rhymes, stories and songs. Although your baby may not yet understand the words, the rhythm of songs and rhymes can form the beginnings of recognising words and encourages communication.

Bookbug Baby

Our sessions include lots of action songs, rhymes and a story.

Sessions are led by Lorna Robertson Welfare Support Worker.

There is lots of information about Bookbug at www.scottishbooktrust.com/bookbug

RM Condor Military Wives Choir



Families of service personnel move around frequently and it can often be tough to put down roots or make new friends, which can leave women feeling isolated.

Research shows that singing in a choir can help to alleviate stress and can contribute to an improvement in isolation, anxiety and depression. The Military Wives Choirs therefore have a vital role to play

by bringing women in the military community together to sing, share and support one another.

There are over 2,000 women with a military connection in our 74 choirs based across the UK and in British military bases abroad, including Cyprus, Belgium, Germany and the Netherlands.

Choirs are not just open to wives of serving personnel either – anyone with a military connection can join including those currently serving, veterans, mothers, sisters and daughters, empowering women from across the military community. Rehearsals are weekly, with a relaxed, welcoming atmosphere and no experience or auditions necessary.

Every new posting for a military wife is as daunting as it is exciting, but knowing that you have a choir to go to in your new location thanks to the MWC network where you know the songs and even some of the people can be a **real lifeline**.

stronger
together

The RM Condor Military Wives Choir meets on Friday mornings in St Christopher's Church. The choir practice from 10am until 11.30am. Choir members meet from 9.30am for tea and chat.

The choir also holds “pop up choir” evenings

For more information contact RM Condor Military Wives Choir on Facebook

or email condor@militarywiveschoirs.org



Storybook Waves

Storybook Waves helps members of the Royal Navy and Royal Marines maintain the link with their children by recording a bedtime story for them to listen to when a parent is serving away from home.

The Royal Navy and Royal Marines deploy more frequently than personnel in the other services. Leaving loved ones behind when serving overseas or on board a ship, is a feature of life in the most 'separated service.' These separations can be especially difficult for children. Storybook Waves exists to help maintain the link between parent and child, no matter how far apart they may be.

Storybook Waves provides facilities for anyone serving away from home to record a bedtime story for their child. Once recorded, trained volunteer editors add a soundtrack and create a personalised CD for each child so that he or she can listen to a parent's voice whenever they want. The recipients of each recording get a copy of the story being read, a scrapbook, and a medal with their recording - all for FREE!

Recording a story is quick and easy, it takes about twenty minutes! We have a selection of books available suitable for different ages you can choose from. For more information, or to make a recording, simply contact Seonid or Sue on 01241822226 or pop into the Haven.



Knit & Natter



Come along, chat and learn a new skill! Whether you can already knit or are a complete beginner, all are welcome!

Starts Monday 14th January 1-3pm in the Haven

£1.50 per week

For more information, contact Seonid on 822226 or 07585306515



Storybook Waves Bookclub

Join us for a fun family afternoon reading and exploring a story together. There will be fun, crafts and snack!

Contact Seonid or Sue to book a place for you family. Spaces are limited and priority will be given to families dealing with separation.

12th January **Cancelled**

2nd February : Aliens Love Underpants

23rd March : The Snail and the Whale

Aggie Weston's Storybook Waves Book club is funded by:



Storybook Waves is supported by:



BRING & BUY



Saturday 16th February

1 - 4 pm

Families Centre

£5 per table

Refreshments available

To book a table please contact Seonid



Visit www.storybookwaves.org.uk or call us on 0300 30 20 183

Royal Navy Royal Marines Welfare (RNRMW)

RNRMW offers a range of services to Naval personnel and their families, across the UK and overseas. RNRMW provides an accessible and confidential service in these key areas: specialist welfare, advice and support to the executive and divisional/regimental system, a network of community, information and communication

There are times when you may require more specialised services that will give you support during a crisis or personal situation. This is where our Specialist Welfare Staff are invaluable. They offer direct advice, support either practical or emotional, and advocacy on behalf of you as service users directly or in conjunction with other agencies. Our team includes Social Workers, Case Workers, Welfare Support Workers, and Community Development Workers.

Access our service by calling our RNRMW Team on 023 9272 8777. They will assess your needs and discuss what steps will be taken to provide the support required.

Out of hours RNRMW Duty Worker

To reach the RNRMW Duty Worker outside office hours or on public holidays contact:

Duty Naval Base Officer Clyde , Faslane

+44 (0)1436674321 ext 4005

Services available to serving individuals and their families are extensive. Some of the main areas covered are: Relationships problems, Bereavement, Linkage to Charities, Mental/Physical Health, Care of Children/Special Needs, Pregnancy Complications and Separation

In an Emergency

If circumstances arise, whilst your relative is deployed overseas or on a ship out of UK waters, which make it necessary for you to request for their return home on compassionate grounds; a death in the family, serious illness or a serious family crisis, you should contact: **The Joint Casualty & Compassionate Centre (JCCC) +44 (0)1452 519951**

The JCCC is staffed 24 hours a day including weekends and bank holidays. If circumstances arise, whilst your relative is serving ashore in the UK or on a ship in UK waters, that make it necessary for you to request their return home on compassionate grounds; a death in the family, serious illness or a serious family crisis, you should contact the Portal Team as above.

Contact houses/Family Centre hire

RM Condor has two 3 bedroom, fully furnished houses that Service personnel can hire for visiting family or friends. The current charge is £30 per night.

Condor Families Centre can also be hired for private events. This hire is free of charge for birthday parties etc. If you wish to hire the Families Centre for personal business reasons (eg private childminding) There is a charge of £20 per day

Both the houses and Families Centre are booked by calling 01241 822332 between 8am and 4pm Monday to Thursday, Friday 8am until 1230pm. Or visiting the Works office on Camp.

If you wish to use them it is essential that you book the Families Centre or Contact Houses . Keys will not be given out without a booking.

If you hire either the Families Centre or the Contact Houses please leave them clean and tidy, removing all personal items, decorations, leftover food etc. Please ensure windows and doors are secured before returning the keys.



Call the 24-hour
mental health
helpline on
0800 323 4444

Combat Stress Helpline
is available 24-hours a
day for serving personnel
and their families

Please visit www.combatstress.org.uk for more information

Condor Service Personnel and Families Information Sheet

Lorna Robertson
Welfare Support Worker
Welfare Office
RM Condor
01241 822262
07818520757
lorna.robertson106@mod.gov.uk
RNRMW Arbroath Facebook Group

Input and Feedback

Your input and feedback regarding this Information Letter is greatly appreciated.

If there is something you would like to see included please contact Lorna Robertson, contact details above

Useful numbers/websites

RM Condor Guardroom	01241 822132
Learning Centre	01241 822037
PRI (Regimental Institute Shop)	01241 852036
RNRMW Welfare Portal	02392 728 777
Welfare Support Worker	01241 822262
Amey	0800 7076000
Contact House/Families Centre booking	01241 822332
Central Taxis	01241 877766
NHS 24	111
RM Condor Medical Centre	01241 822067
RM Condor Dental Centre	01241 822066
Angus Council	www.angus.gov.uk/ 08452 777 778
What's on in Arbroath and Angus	www.angusahead.com

Regular Groups

Monday

Knit and natter—in the Haven. 1-3pm. £1.50 per session. Contact Seonid for more information 01241 822226

Tuesday

Coffee Morning – In the Families Centre 10.15am – 11.30am everyone welcome. £1 donation for tea and coffee

Bookbug Baby—2pm in the Families Centre. Check the RNRMW Arbroath Facebook page or RN Forum for details of sessions

Wednesday

Coffee and Chat and **Wednesday Wiggles** at 10am. Both in the Haven at St Christopher's Church. Contact Seonid or Sue for more information 01241 822226

Yoga 11.30am in squash court 3 at the Gym. £3.50 per session. Contact UPTI Marv for info 01241 822008

Ladies Group fitness—1-2pm at the Gym. Free to attend. Contact UPTI Marv for info 01241 822008. Parents who attend take turns to look after children while the others attend the class.

Thursday

Coffee Morning – In the Families Centre 10.15am – 11.30am everyone welcome. £1 donation for tea and coffee

Condor Crafts 1-2pm in the Families Centre £1 per child towards craft supplies. See RNRMW Arbroath Facebook page and RN forum for details.

Friday

Military Wives Choir - in St Christopher's Church. The choir practice from 10am until 11.30am. Meet from 9.30am for tea and chat. Contact Facebook RM Condor Military Wives Choir

Other regular events

Walking group—Check RNRMW Arbroath Facebook page or the RN Forum for future walk dates

Families meeting - Families Meetings are held in the Families Centre usually once per month. Look out on the Royal Navy Forum or the RNRMW Arbroath Facebook group

If you would like to receive a copy of the Condor Courier by email please contact
lorna.robertson106@mod.gov.uk